

# Organizing Trips.

## Counselor Checks:

- Matches in tin box.
- First Aid Kit with nurse.
- Sharp Hatchet.
- If maps needed - in celluloid folder.
- Good flashlight with new batteries.

## Food Pack for 12.

- 1 Bag.
- 1 large folding frying pan.
- 1 large aluminum pail & lid
- Guides teapot & top.
- 1 can opener.
- Soap & steel wool in bag.
- Matches in a tin box.
- Trawl, toilet paper & candle.
- 3 tea towels
- 1 dish
- 7 lytor in bottle.

## 2<sup>nd</sup> Bag.

- 1 large aluminum pail & top.
- 14 aluminum plates
- 2 deep plates for pies, etc.
- 14 cups (split handle, granite)
- 14 knives, forks, spoons (in silver holder)
- 1 wooden spoon
- 1 large fork.

Bring back everything clean.  
Return all left over food.



Checking Food before leaving.

Additionally make list of all food packed.  
Check articles as pack them.  
Double check with menu.  
Take only food that is needed.

Length Vegetables should be Bailed.

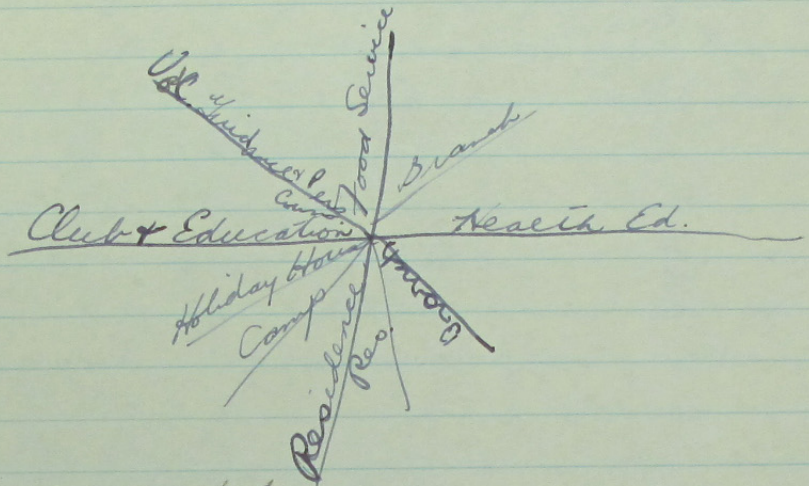
Cabbage - 20 - 25  
Carrots - 30 - 40  
C. flower - 20 - 25  
Green Corn - 15 - 20  
Stringed Beans - 30 - 35  
 Lima Beans - 30 - 35  
Beets - 30 - 40  
Onions - 30 - 40  
Caulsnips - 30 - 35  
Green Peas - 20  
New Potatoes - 20  
Old " - 30 - 40.  
Spinach - 20 - 25  
Turnips - 30 - 35

Packing food for more than one  
night put in white cloth bags & have  
paper bags inside this.



### Reports & Records. -

Hand in statistical reports. Report of work of month to board - sell yourself. Records - keep regular roll call - to remember girls name. Take weights & measurements for interest.



Give Girls what They Want.

### Finance -

Salaries of Pianist.

Acc.

Free Instruction.

Lights

Upkeep

### Income -

Study means of Community.

Cleanliness.

Quality of Work.

Interpretation to Public.



Ich habe einen miedler Koff. - Die Welt ist nett.

## Personal Health Council.

"Income Management For Women".

Louise Scott - Harper. Bro

Work with a Committee not for.

### Function of Committee.

Give suggestions & help when arrive.

Help in publicity.

Not too large.

On Committee

Dr.'s wife helpful.

Cross-section of community - in contact w young people  
up & coming business man.

Old P.E.

Person on board as convenor.

Direct contact with newspaper.

### Work.

Know outside schedules for adjustment of classes.

Meeting to be aware of functions of us & them.

## Council -

Hold Sept. 2 - gether.

1 or 2 from ea. class.

## Policy -

To set standards. - Fees, etc.

Committee 1 x a month. Main Convenor 304

done ahead & well planned. - Publicity & Expenses, etc.

Sitting & lying ex. for fat women.



## Creative Dancing

Oct. 15<sup>th</sup>

1. Three lines - arms held shoulder high - finger exercises.

- a. Rotating each finger separately
- b. " wrists - diff. opp. ways

2. Shoulders -

Thrusting - rotating - pulling back - pulling forward. Relaxing after each movement.

b. Chest -

Pushing out and relaxing in.

a. Hips -

One foot out in front - first rotate hip over front foot - then over over foot - make figure 8 - rotating hips over both feet.

d. Legs -

Rotating one leg - starting with small circle and getting bigger. Starting with large circle + decreasing it.

e. Arms -

Do same with arms as legs.

f. Feet -

Flexing and stretching + rotating. Bending toes both ways.

3. Jumping -

Plain jumping - jumping with feet apart - with feet going forward + changing.

4.



## Creative

### Notes For Modern Dance - Dietrich - O'Donnell.

Composition may be in 4 sections -

1. Rhythm - may take piece of music.
2. - resultant rhythm.
2. Movement - certain mov. & work out composition.
3. Design - floor pattern  
Group " - as level.
4. Idea - Abstract - faith, etc.  
Story.

If Beginners compose quickly - short studies.  
Definite project. Used for gym. Limit material  
or movements u want them to use. Might  
take folk music & 64 groups, etc. Hear  
music enough 2 get rhythm. Try out to see  
what they can get out of it. Walk, slide hop,  
etc. Few steps & divide somehow & make  
up. Know music enough to tell phrase,  
etc.

Give study already made up. Missing  
rhyme. Take 1 & take step, point, etc to  
every note of melody.

If using subject use typical steps  
and music.

Movement - 1. sustained, smooth, continuous  
2. swinging - easy. 3. Percussive. 4. suspended  
lift, etc. 5. Vibratory - thro' whole body,  
static (sort of)

Approaches to Comp.

Sequential Form -

A-B, A-B-A.

Rounds

Theme and Variation.







# Creative Dance - Folk Dance.

A

1-2 Coup. 1 & 3 2 polka steps fwd.

3-4 " " " 4 skip " bend.

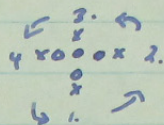
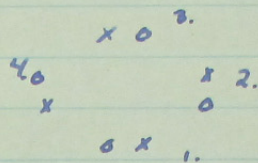
" 2 & 4 2 polka " fwd.

1-2 " 1 & 3 " " " "

3-4 " " " " " turning

in place to face counter  
clockwise (spoke formation)

Coup. 2 & 4 2 polka sts. fwd.  
turning & face counter c-w.

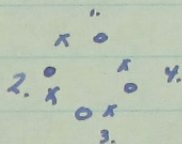


B. 1-4 4 Polka sts. Counter c-w.

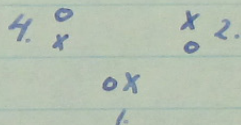
finishing in single circle.

Back to centre, hds. joined

1-4 In place - st. rt., swing lf.  
lf. " rt.



A. 1-4 With partner. hds. crossed  
& joined overhead. Polka back  
to place. Finish w. bow & cutesy.





M.E.S.

Diploma IV

REMEDIAL GYMNASTICS

Mid-Year's, 1941-42

2 hrs.

- ✓ 1. Compulsory - Discuss what you would expect to find in a typical case of bad posture.
- Two of the following to be answered-
2. What are the aims of treatment in a child of 12 years, suffering from a C curve convexity to the right.
3. What in your opinion is necessary to keep a backward child's interest during treatment.
- ✓ 4. Give schemes of exercises for an adolescent child with flat feet.
5. Describe in detail an examination of a child with poor posture and possible treatment of postural defects.

Use diagrams if possible.





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